

PAULA-JO HUSACK, MA, LMFT, CGP

Coach, Counselor, Consultant, Author, Speaker

San Francisco/Burlingame Offices: 650.652.6555

Mobile: 650.619.6521

www.leadlifeflow.com

pj@leadlifeflow.com

AFFILIATIONS / ALLIANCES

- American Assoc. of Sex Educators, Counselors & Therapists; www.aasect.org, 2005–2010
- American Cancer Society; 20+ years www.cancer.org
Board Member (1995–1999); Leadership Advisory Council Member (2000–2013)
Kids & Cancer Community Presentations (1997–2000) at San Mateo County Schools & Camp Oziku; Co-Chair, Professional Services Committee (1988–2000; Community Outreach Support Supervisor (1992–2000); Psychosocial Educator & Community Liason (2000–2012)
- American Group Psychotherapy Assoc.; Certified Clinician, 15+yrs www.ag-pa.org
- Anxiety Disorders Assoc. of America, 15+yrs www.adaa.org
- Assoc. for Dispute Resolution of No. California; State-Certified mediator, 2007–2009 www.adrnc.net
- California Assoc. of Marriage & Family Therapists; 15+ yrs www.camft.org
- Children & Adults Attention Deficit Disorder CHADD; 10+yr www.chadd.org
- Conspiracy of Venus/Conspiracy of Beards, Contemporary Chorus; Member & Board Member, 4+years, www.conspiracyofvenus.com
- Eye Movement Desensitization Reprocessing International Assoc.; Certified Clinician, 15+ yrs www.emdria.org
- Fourth Street Studios of Berkeley Artists Collective 2003–07
- International Coaching Federation; 2007–2015 www.coachfederation.org
- Japanese American Citizens League www.jacl.org
- Northern California Cartoonists Assoc.; 1990–2000
- Organization Development Network, Member; www.odnetwork.org
- San Mateo County Perinatal Council 2005–07
- SFMOMA Photo Forum 2005–07 www.sfmoma.org
- Thrillride Mechanics, Advisory Board, 2014–
- Womens Assoc. for Addiction Treatment WAAT, 5+ yrs www.waat.org
- WeCARE; Board Member & Trainer, 1996–2007 www.wecaredementia.org
- World Professional Assoc.for Transgender Health, 8+ yrs. www.wpath.org

PRESENTATIONS / INNOVATIONS / WORKSHOPS / EDUCATIONAL MODELS

- © LEAD LIFE NOW Series; Life Leadership workshops, presentations, & educational models
- © THE 48-HOUR CLOCK: Co-Parenting that Keeps Our Couplehood
- c BRAIN SUMMITS: RETRAIN YOUR BRAIN, A Mind-Body Experience, incl. Amen Clinics

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PRESENTATIONS / INNOVATIONS / WORKSHOPS / EDUCATIONAL MODELS

- © FEED OR FEEL: Our Relationship to Food & Body
- © SELF ESTEEM: GET IT, BUILD IT, KEEP IT; Groups for Women in Stressful Situations
- WHOLE PERSON, WHOLE PERFORMANCE: Experiential models for Performing & Creative Artists
- AmfAR National HIV/AIDS Conferences; preventing healthcare worker burnout
- BIG Kids, BIG Feelings: When Food Is Their First Drug
- Emergency: Epidemic of Occupational Safety & Health Injuries within Healthcare
- 6 STEPS TO SOLIDARITY: Workshop for Transgender Couples & Families

EXPERIENCE

20+ years COUNSELING, COACHING, CONSULTING;
PRIVATE PRACTICE (Marriage/Family Therapist Lic.#MFT27864)

My practice is a resource for real life. Clients circle back as different personal and professional issues arise: Assess, diagnose and treat individuals, couples, families, teams, from a range of cultures and lifestyles. In other words, your relationship with yourself, within yourself, and with others. Your desire is to have a whole-person, whole-life plan that promotes quality of life. Promote education, understanding; plus, sustainable strategies and tactics toward change. EAP provider. Specialties include conflict/stress management for individuals, couples, families, work teams, addictions, womens issues, trauma (EMDR certified), gender concerns and transitions, ADD/ADHD, LD spectrum, special needs, and more. Regard for multi-cultural and cross-cultural environments. Coach and advisor to C-level and other upper-management groups and individuals; creative and performing artists Development and implementation of educational training models for non-profit organizations in creative/performing arts and business/medical practices. Represent non-profit organizations as community interface, business/marketing team member.

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WORKPLACE CONSULTATION: Organizational development and human resources experience, including organizational change, staff development, mediation, recruitment, hiring, review/assessment processes in small-to-midsize organizations. Educate and collaborate on optimization of work performance. Past research and publication on healthcare worker threat of HIV exposure relationship to

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| 5 years | UNIVERSITY OF CALIFORNIA AT SAN FRANCISCO;
DEPARTMENT OF MEDICINE AT SF GENERAL HOSPITAL
San Francisco, California |
| 4 years | CLINICAL DIRECTOR OF COUNSELING
Directed, coordinated and supervised counseling operations of Occupational Infectious Diseases Program for Health Workers (physicians, nurses and support staff). Included providing crisis intervention, assessment for drug and alcohol, the neuropsychological and psychosocial dynamics of optimal achievement and its relationship to handling stressful situations, EAP referrals and brief. Researched on HIV threat and Health Care Worker stress presented in United States and France. |
| 1 year | Directed, coordinated and supervised counseling operations of two programs: (1) Occupational Infectious Diseases Program for Health Workers (physicians, nurses and support staff). Includes providing crisis intervention, assessment for drug and alcohol, EAP referral, and brief therapy; (2) HIV Prevention Service's Counseling, Testing & Risk Reduction Program. |
| 3 years | SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH
JAIL MEDICAL SERVICES
San Francisco, California |
| 2 years | MANAGER OF HIV TESTING SERVICES
PERSONAL & SUBSTANCE ABUSE COUNSELOR
Co-developed historical, ground-breaking policy and delivery of health care for clients, who inject substances; and activists of ACT-Up, a grass-roots, political-action group. Oversaw community outreach and education in neighborhood of high-risk youth and sex workers. Assessed, counseled, and advocated for substance |

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EXPERIENCE (cont'd)

abuse treatment programs. Initiated health care advocacy for brief psychotherapy and continued psycho-education groups in treating addictions; abuses, sexuality conflicts, chronic illness (HIV); grief. Knowledge and use of community resources. Constructed educational models; designed and promoted community/political advocacy. Originated and developed weekly self-esteem groups for males; awarded California State Assembly recognition and grant for pilot program. Train-the-trainers in copyrighted model. Guest trainer and speaker at community-based organizations and public health conferences. Motivated and evaluated staff of counselors/educators.

EDUCATION

University of San Francisco, San Francisco, California; Masters of Arts: Counseling Psychology

Antioch University, Yellow Springs, Ohio; 2 Bachelor of Arts: (1) Counseling Psychology and (2) Media Communications

COMMENDATIONS

- . U.C.S.F. / A.I.D.S. Health Project
- . Youth Environment Study Merit Award HIV Prevention/Outreach, San Francisco Mayor's Office

CERTIFICATIONS

Amen Resource Network
American Group Psychotherapy Association
Community Health Outreach; AIDS Intervention Training Center
Drug Users Identification; Forensic Training Project
Eye Movement Desensitization Reprocessing
HIV Risk Reduction Assessment & Counseling
Hypnotherapy Education, Ellerbe Associates
Mediation Training Certification, Mosten Associates

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PUBLICATIONS

"MyPatient,MySelf; MySelf, MyPatient: Whose First In Your Life Leadership?", Physicians Magazine, San Mateo County Medical Association, Oct 2013

Catch Your Star, life leadership book for women, Co-Author, Oct 2013

"HIV Threat & Health Care Workers: A View from the Therapist's Chair," Journal of Healthcare Safety, Compliance & Infection Control, Vol 3, No 7; Aug/Sept 1999.

"A View from the O.R."; Female-To-Male International News, Issue 43; 12/98.

"Caring for the Caregiver: Managing Occupational Stress"; CRNA The Clinical Forum for Nurse Anesthetists, Vol 4, No 2; 5/93.

LeadLifeNow: MySelf 101, 201: Workbook; pre-publication

PERSONAL INTERESTS

Family, singing/performing w/Joyce McBride's Conspiracy of Venus, photoart, international travel, dayhiking, dance, improv, cartooning, yoga, sfcityguides tourguide volunteer, Slowfood International.

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Addendum: Non-Profit Leadership Service

AMERICAN CANCER SOCIETY

15+ yrs Volunteer Experience in various Leadership Roles.

Co-chair for country-wide patient services committee. Transitioned reactive committee structure to proactive membership. Co-initiated advocacy for LGBTQ-specific outreach and education.

Developed psychosocial training programs for community support service groups, who serve patients (i.e. cosmetologists, skin care specialists). Also for Reach To Recovery breast cancer support volunteers.

Performed community outreach to generate increased awareness, volunteer participation, donations, or patient use. Included psychosocial training on all patient and patient-family issues of each stage of the disease. Piloted kids and cancer project for outreach to San Mateo County schools; to include students of peers with cancer and faculty support networking.

Oversaw psychosocial operations of community support phone lines for all persons affected directly or indirectly by cancer. Included coaching/supervising volunteers staff of 20 on emotional support issues.

Revised educational model for county psychosocial pilot project for kids, attending kids cancer camps. Conducted group model; analyzed response data; submitted results and projected outcomes.

As a Board Member, represented the diversity team, to co-lead educational outreach and education in multimedia venues. Presented corporate development outreach model that paired paid staff with volunteer to present bi weekly to local and global businesses.

Introduced existing breast cancer support program to essential psychosocial training and outreach structure. Supported and participated in its own support operations for volunteers. This gave an infrastructure to the program and increased participation from

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AMERICAN CANCER SOCIETY

Addendum: Non-Profit Leadership Service (cont'd):

Represented ACS to community groups and private medical communities in both San Mateo and San Francisco counties in response to business development/ contributions, community education, physician and staff education.

Developed and facilitated educational model on patients' return to life after cancer.

Initiated community outreach to county-wide Mother's Clubs, in support of national campaign, Choose Me, for breast cancer awareness.